

## Five Senses Activities for Tuesday

### On the Move

#### I See Sound!

Teach your child how sound waves are made with this fun, musical activity.

#### Materials:

- Empty coffee can or round plastic container
- Plastic wrap
- Dry rice, glitter or small pebbles
- Rubber bands
- Unsharpened pencils or crayons

#### Instructions:

1. Stretch plastic wrap over the opening of the coffee can or container.
2. Secure into place with a rubber band
3. Sprinkle a small amount of rice, glitter or small pebbles into the center of the plastic wrap.
4. Instruct your child to use the pencil/crayon to make steady beats on the plastic wrap.
5. What happens? Why do they think this is happening? What sense are they using to experience this?

### Adventures Online

#### Guess That Sound

Use your sense of hearing to guess the animal sounds you hear.

<https://www.youtube.com/watch?v=aPnJXLLSc4o>

### Sensory Time

#### Texture Walk

Experience diverse textures...with your feet!

#### Materials:

- Tape
- Plastic zip-top storage bags
- Feathers, Cotton, Beads, Beans, soil/mud, tiny stones, Dry Pasta, crumpled paper, lotion, etc.

#### Instructions:

1. Place each of the different items into separate plastic baggies. Release all the air and seal each baggie and cover the zippered end with tape.
2. Tape each baggie along the edges to the floor, placing the bags in a straight line.
3. Have your child walk along the line of baggies. Talk about how each bag feels- soft, bumpy, pokey... Feel free to change out the textures for continued fun!

### Story Time

#### Create a Five Senses Book

Find things you like that use each of your five senses and make a book!

#### Materials:

- 5 pieces of plain paper
- Stapler
- Glue or glue stick
- Scissors

**Instructions:**

1. Talk to your child about their five senses. On the top of each piece of paper, write one of the senses: taste, smell, see, hear, touch.
2. Ask your child about what objects they like to taste. Look for pictures in magazines or on food boxes or other places of those things. Cut them out and have your toddler help you glue them on the page.
3. Repeat this with each of the five senses, one per page.
4. When the glue is dry, stack the pages one on top of the other, and staple the left side several times to make a book.
5. Read your book together, talking about the different objects, how they taste, feel, smell, etc. Ask your toddler to read their book to you, telling you about the different pictures and objects.

## *Arts and Creativity*

### **Spice Paint**

Explore the sense of smell with your toddler by making paint with spices!

**Materials:**

- Any of the following spices: Cumin, Turmeric, Cinnamon, Paprika, Chili Powder, Pepper, Curry, Ginger, Any spice!!
- Glass or Bowl
- Water
- Paper or cardboard
- Paintbrush (optional)

**Instructions:**

1. Mix 1 Tablespoon of spice with ¼ Cup of water in a glass or bowl.
2. You can add more spice for a thicker and deeper color paint.
3. Encourage your child to paint with their spice paint! Ask them questions like: “Does your paint smell spicy?” “Do you like the paint’s smell?”
4. Your child can paint with their hands or a paintbrush.

PLEASE NOTE: Do not use hot spices if your child is painting with their fingers.